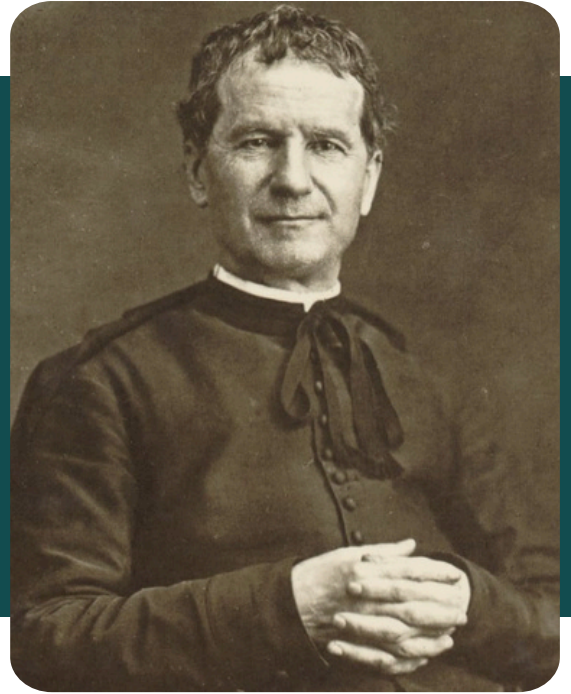


SHARING THE JOY OF THE GOSPEL

St. John Bosco & Patience

This month, our saint is St. John Bosco, and we're learning about patience. Patience means staying calm and steady when things are hard or don't go the way we want. It also means trusting that God's plan and timing are always best for us.



IN DEPTH

Patience helps us stay calm and trust in God's plan, even when things don't go as expected. It's about waiting without getting upset and knowing that God has a good plan for us, even if we can't see it yet.

St. John Bosco, sometimes called Don Bosco, is a great example of patience. He worked with children and teens who were often in trouble, and the work wasn't always easy. Many didn't listen or had difficult lives, but Don Bosco stayed calm and patient with them, trusting that God's timing was perfect.

He exercised a lot of patience in his work to build schools, facing so many setbacks and reasons to be frustrated. Even when he didn't have enough money, he prayed and trusted that God would provide what he needed.

When we feel frustrated or when things don't go the way we want, we can remember Don Bosco's example. We can stay calm, trust that God's plan is good, and keep working hard.

OTHER RESOURCES

- Saints Alive Podcast: [St. John Bosco + Activity](#)
- Photo of St. John Bosco ([Wikicommons](#))
- Biography & Video about St. John Bosco ([BeKids](#))
- Book Recommendation: St. John Bosco and His Big Gray Dog

TIPS FOR GROWING AS A FAMILY

Practice Active Listening

- Listening without interrupting or judging (even when someone is objectively wrong) builds empathy and reduces frustration. Families can make a habit of listening to each other with openness and respect by using a “talking stick” or “listening token” during family discussions. Whoever holds it has the chance to speak without interruption, encouraging everyone to listen fully before responding.

Pray and Reflect Together

- Regular prayer and reflection helps keep everyone’s hearts aligned with God’s love and guidance. It reminds us of the bigger picture and we learn to rely on God, not just our own efforts to overcome stress or impatience. Designate a time each day for prayer, specifically asking for patience, understanding, and unity. Seek intercession from saints like St. John Bosco.

Celebrate Smalls Moments of Growth

- Reinforce patience by genuinely appreciating each other’s efforts, no matter how small– like affirming when a child doesn’t throw a tantrum without pointing out all the times he/she did. Consider setting up a “Virtue Jar” where family members can drop in notes recognizing others’ acts of patience or kindness and reading these together every week.

Balance Expectations with Flexibility

- Both a lack of routine/ expectations and a rigid adherence to difficult standards can lead to frustration and foster impatience. Combining clear guidance with adaptability nurtures both patience and respect. After all, we are all sinners trying to cooperate with God’s grace to become saints. Practice clear communication and reacting with love when expectations are not met. Family life is a journey, not a destination.

Model Forgiveness

- Families grow in patience when they allow each other to make mistakes without holding grudges, and when they commit to forgiving each other out of love. Communicate with gentle language and specific “I-” statements when conflicts arise (e.g., “I feel frustrated when…”).